

FRIDAY CHECKLIST (LAUNDRY ROOM AND LAUNDRY FOCUS)

| Yes/No | Description | Notes |
|--------------------------|---|---|
| <input type="checkbox"/> | Wash/Dry/Fold and put away all remaining laundry | |
| <input type="checkbox"/> | Clean your laundry area/ room | |
| <input type="checkbox"/> | Wash lint collection screen in soapy water and dry it | |
| <input type="checkbox"/> | Vacuum all around your washer and dryer | |
| <input type="checkbox"/> | Wash the walls and baseboards in your Laundry area/ room | \ |
| <input type="checkbox"/> | Clean inside and outside of washer and dryer | |
| <input type="checkbox"/> | Vacuum stair ways and second floor (if you have one) | |
| <input type="checkbox"/> | | |
| <input type="checkbox"/> | make beds (Have kids over age 5 make their own) | |
| <input type="checkbox"/> | have kids put all toys away at nap time, lunch time, dinner time, and before bed. | |
| <input type="checkbox"/> | tidy main pathways of home. Throw away clutter. | |
| <input type="checkbox"/> | Wash/Dry/Fold and put away one load laundry | (at least one load. More if you are backed up. Soak and wash diapers too) |
| <input type="checkbox"/> | Wash/Dry/ put away dishes throughout the day | (do them immediately following meals) |
| <input type="checkbox"/> | Wash and prep baby bottles for the day | |
| <input type="checkbox"/> | Wipe down surfaces as you go throughout the day | (Countertops, tables, stovetops, spills) |
| <input type="checkbox"/> | Sweep or vacuum floors | |
| <input type="checkbox"/> | Swish the insides of all toilets. (clean with brush) and wipe seats/under seats | |
| <input type="checkbox"/> | Plan meals, prep meals | Is it food shopping day? Clean out the fridge first! |
| <input type="checkbox"/> | Tidy yourself and the children before spouse arrives home | |
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